Nz Blackcurrant Stuffed Wrapped Organic Chicken

Stuffed Wrapped Chicken - Chicken breast filled with NZ IQF Blackcurrants rocket & pepper wrapped in prosciutto

Ingredients - 4 portions

4		Chicken breast
50	grams	CPIT - Prosciutto, sliced
80	grams	Wild rocket *wash*
80	grams	Mild pepperdews *Drain*
100	ml	Pure canola oil
100	grams	Blackcurrant *NZ IQF 25g each breast*
100	ml	Salad vinaigrette

Method

1. Gather all the ingredients for stuffing the Organic Chicken Breasts (IQF blackcurrants,drained pepperdews, washed rocket, & the prosciutto).

2. Lay the chicken breast skin side down on the chopping board. Remove fillet.
Slice the breast down the centre but not all the way through. Arrange a bundle of rocket and 20g of Blackcurrants and 2 red pepperdews down the centre of the breast. Place the fillet on top and fold the side over enclosing the filling. Turn the breast over carefully and wrap with two slices of prosciutto

3. Wrap in glad wrap to form a roulade or a very neat roll.

4. Vac Pack or wrap in foil . Sous vide in a water bath until 60 deg C Temperature is reached
5. Remove and cool. Remove the plastic wrap or foil ready to pan cook.

6. Heat a pan and add 10mls of oil for every breast you seal. Place the breast roll into the hot pan, presentation side down first and cook until golden. Turn the breast over and cook until golden on the other side. Remove from the pan and place onto a roasting tray cook in the oven

Each breast will take approx 6-8 minutes in a preheated 180C oven or until an internal temperature of 75 C is reached. Record the temperature.

6. Slice the chicken and arrange on a warm vegetable salad or your favourite rice dish, drizzle with vinaigrette at service.Garnish with NZ Blackcurrants and infused blackcurrant pepper spice.

Nutritional Information (per 0 portion)

Age 19-54		0 100%
Energy	1526.71kJ	15% RDI
Total fat	36.71g	36% RDI
Saturated fat	5.73g	15% RDI
Carbs	6.70g	2% RDI
Total sugars	6.49g	11% RDI
Protein	2.71g	3% RDI
Iron	0.91mg	8% RDI
Sodium	314.73mg	34% RDI
Fibre	1.31g	5% RDI